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NEW COMMUNITY

CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 9 NO. 7

NEWARK, NEW JERSEY

OCTOBER, 1991

NCC Grocery Delivery Service Is A Blessing To Young And Old

Before our New Community Pathmark Shopping Center arrived with its grocery delivery service, area residents brought their groceries home in small bags limited to what they could carry on a bus for the most part. If they were really lucky, they could share a ride in a friend's car whenever that friend went shopping. It was a catch-as-catch-can way of providing the necessities of life.

But that's the way things had to be done in this low-income neighborhood of elderly residents and working families.

Now all that has changed.

Today neighbors can walk to the store together — when it is convenient for them. And those heavy bundles with bottles of juice or detergent? No problem!

When they have finished shopping, mothers with strollers and seniors alike need not worry about how to get their groceries home. The shopper simply guides his or her cart to the booth located at the entrance to Pathmark, adjacent to the lottery window at the World of Foods Restaurant. A dispatcher for the NCC Grocery Delivery Service will do the rest.

After taking your name and address and the number of passengers with you, the dispatcher will look at the size of your order in the cart or carts and figure the price of your ride home. When you pay you are given a receipt.

The driver will then load your packages onto the van and even offer you a step stool, if needed, to help you

climb in. You will then be taken home.

Mrs. Nelson, a Newark resident, says, "It is a very good idea that they pick up seniors. I've been using the service since the opening and I feel it is an asset to the community. Besides, the price of the service is reasonable."

phone number should you have to reach the service later for any reason. The dispatcher's initials and your receipt number are on the right hand corner. The receipt serves as a contract between us. You do not have to worry about getting in cars with strangers or standing at the bus stop



Robert Booker assists NC Associates resident Mrs. Love into a delivery van. The transportation service provides immeasurable help to area residents.

Planning Grant Application For Pre-Adolescent Substance Abuse Intervention

New Community has applied for a planning grant from the Bureau of Justice Assistance of the U.S. Department of Justice concerning a community-based substance abuse intervention plan for pre-adolescents.

Seven communities will be selected to receive the three month grants up

to \$25,000. The planning grant will be used to prepare a solid plan and an application for a full program grant that will be jointly funded at the national level by Bureau of Justice Assistance (BJA) and the Substance Abuse Strategies Initiative Program of New York University (SASIP).



Mayor Sharpe James speaks in support of the NCC leadership of a new anti-drug initiative. The U.S. Department of Justice and New York University are sponsors of the initiative.

Newark Police Director Tours NCC

Newark Police Director William R. Celester was recently taken on a tour of New Community Corporation. Accompanying him was Deputy Chief George Dickscheid, Commander of both South and West Police Districts.

The tour, led by Donnell Brown, Director of Operations, accompanied by Security Director James DuBose began with a pre-tour orientation held in the conference room of the Extended Care Facility, 266 South Orange Avenue, and an introduction to Mary Devlin, the Administrator of the facility.

The group proceeded across the courtyard to Harmony House, a tran-

sitional homeless facility. They were greeted by the Administrator, Jeanette Paige-Hawkins; Florence Williams, Director of Social Services; and staff members and residents who had gathered in the community room.

Director Celester addressed the audience, spelling out his planned goals and objectives to reduce crime in the City through increased visibility of police and reduction in response time to all calls for help. In order to accomplish these objectives he has put into place a plan of action to increase the amount of uniformed police on the

(Continued on page 2)

What makes the service an asset? Certainly accessibility and comfort. You are picked up from the entrance to the store and delivered to your home in well-maintained vehicles offering heat or air conditioning, AM/FM radios and courteous, skilled drivers.

Mrs. Caines, another Newarker, also enjoys the service. "I find that it is very dependable."

It is also safe. Your receipt has your driver's name, the time of your arrival at the dispatcher's desk and our

in all kinds of weather with all your packages, or about having them stolen.

Our service solves these problems. It is also affordable. There is a discount rate for Senior Citizens and disabled passengers. There is no extra charge for wheelchairs or baby strollers.

Mrs. Jackson from Newark told us, "It is a very good service. The guys are nice. I am very pleased with the service."

Why don't you try us too?

What Will Our Future Hold?

Education is an important part of New Community planning. (See our Education centerfold.)



Police Director...

(Continued from page 1)

City's streets from fifty-six to seventy percent.

The tour ended at the Douglass/Harrison housing complex.

Before departing some three hours later, Director Celester told us that he viewed New Community as being a very viable and important part of the City, and pledged his continued support in providing a safe and secure environment for its many employees and residents as he has done in all other areas of the City.

The Police Director's visit and subsequent touring of the New Community Corporation network, was the fulfillment of a promise he had made as the Newark Police Director Designate while attending a New Community sponsored affair at St. Joseph's Plaza.



At New Community Commons Senior, Newark Police Director William R. Celester fields questions from residents.

Still Working On A Long Term Plan



NJIT graduate students and their professor, Tony Schuman, discuss urban planning with Larry Goldston and Ray Codey from the New Community Development office.

Fourteen graduate students from New Jersey Institute of Technology's School of Architecture are working on designs for a site on Bergen Street. The three-acre site is bounded on three sides by Bergen Street, Twelfth Street, Camden Street and the fourth side adjoins New Community Corporation's Pathmark.

Professor Tony Schuman's third-year students are concentrating on urban needs: low-income and market-value housing, commercial/retail space, office facilities and parking. Each student is addressing those needs and their inter-relationship in their design.

Walking tours of Roosevelt Island and Battery Park City, both in New York City, as well as New Community Corporation sites provided examples of alternative ways to provide for the urban needs.

This project is especially exciting for students who want to focus on community and urban design: this is a real site, a real program, and who knows maybe one of the designs will be built.

Maggie Arlene Denlea

6th Leadership Institute Begins

Soon the sixth NC Network Leadership Institute will be in session. Group members have been invited from New Community (employees and tenants), Babyland (employees and parents), St. Rose of Lima parishioners and parents of school children, and parents of St. Rocco school children. Just about everyone responded to the invitation with great enthusiasm. The people invited to make a presentation to the group responded positively as well, proving the old adage "if you need to get something done, ask a busy person."

1991 has been a good year for the Network in that news of the miracle that was New Community/Babyland has been in the news with spread far and wide, nationally and even internationally, thanks at least in part to the McArthur Foundation's honoring Msgr. Linder with a prestigious award in June.

If you are part of the NC Network

NCC Harmony House Juvenile Delinquency Prevention Training

New Community Harmony House Juvenile Delinquency Prevention Training began September 10, 1991. The training was funded through the New Jersey Department of Law and Public Safety - Juvenile Justice and Delinquency Prevention.

The primary goal of the Juvenile Delinquency Prevention Training is to enhance the service providers' and volunteers' ability to work more effectively with "At Risk Youth" and their families.

Professionals from the juvenile justice, community mental health and substance abuse systems conducted the training.

Ms. Rozetta Schaeffer, ACSW, Project Director for CMHS/Child and Adolescent Unit from the University of Medicine and Dentistry of N.J. Community Mental Health Center at Newark, began the eight (8) session training.

Ms. Schaeffer's training sessions focused on psychologically placing the adult trainee in the position of the child. Role playing and dyadic exercises were utilized to discuss issues, e.g. child development, acting out behavior, behavior management and exploration of the family.

Several aspects of the family, e.g. value clarification, self-esteem and in-

tervention techniques as well as characteristics of the dysfunctional family/homeless family were also presented.

The other training sessions consisted of the following:

- Effective Communication and Barriers to Working with Youth and Families
- Guided Group Interaction
- Drug and Alcohol Training
- Children of Substance Abusers
- Youth Services
- Overview of the Juvenile Justice System and Use of Volunteers.

Ms. Schaeffer and two (2) other trainers shared their wealth of experience and knowledge in regards to the homeless population, juvenile behavior and family systems.

Mr. Wiley Griffin, Executive Director, from Newark Renaissance House, Inc., Alcohol Drug Treatment and Prevention program in Newark, and Ms. Rosalyn Williams, Senior Probation Officer, Essex County Project C.A.R.E. Coordinator from Essex County Probation Office in East Orange, presented valuable information and insight to New Community network employees and community based homeless providers.

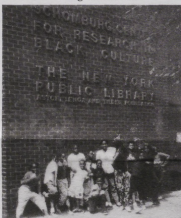


Ms. Rozetta Schaeffer discusses key elements that contribute to "At Risk Youths" at a recent training session held at Harmony House.

From Harmony House Kids: How I Spent My Summer

Ladeja Lewis: age 10

I went to the park and the zoo. I went swimming and to the beach. I



Harmony House youths pose for a photo at the Schomburg Cultural Institute.

and do not know its amazing story, why wait to read it in the newspaper or see it on TV? Just give me a call then plan to be at Babyland III from 7 to 8 on Wednesday evenings beginning October 9. I promise you'll be glad you did.

Mr. Mary Ellen Bennett
NC Social Services
623-6114

even went to Dorney Park two times and to Great Adventure. I went to my aunt's house and to my grandmother's house, too. I went to my friends' cookout, too. I went to a party with my aunt and my friends. I went to a welcome home party. I went to a sleep over.

Marquis Manns: age 10

This summer was better than last summer. Last summer was boring. All I did was go out and play. This summer was fun. I went swimming a couple of times. I went on trips to Sesame Place, Dorney Park, Action Park, Seaside Heights and Great Adventure. I went to the movies a couple of times, and I went to my grandmother's house. My birthday came this summer and I got some sneakers, \$30.00, and a cake with ice cream.

Latrice Goode: age 8

I was so glad I had a nice time. It was fun with my friends. All summer was fun. I went to Great Adventure and Dorney Park. I had fun.

Geneva Brown: age 7

I had fun swimming. I had fun at Great Adventure and Dorney Park. I even had fun at the park and that is how summer was for me.

Dashawn Hinton

I had fun at Great Adventure. I had fun at the Bronx Zoo and I had fun at Turtle Back Zoo. I went on some rides and I ate.

Contributions To

New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power at the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact Lynn Mertl at Fund Development, (201) 482-0682.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned. Articles due by 15th of each month.

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Learning From One Another: Eritrean Visitors

Twenty-four years ago, the founding members of New Community banded together with the goal of returning dignity to their lives, not to mention meeting their practical needs of housing, day care, and employment opportunities, among others. It's a story that is familiar to all of us.

A similar story can be told by the people of Eritrea, a country in Africa.

ly to meet with members of the United Nations as they work to have their government recognized by that body.

The delegation was made up of men and women who were leaders of the Eritrean army. For thirty years they had fought in the fields, many leaving their families behind. A few were older men though some had been fighting since they were ten, and still others



Members of the Eritrean delegation and New Community pose for a photo on their recent tour of the United States.

Eritrea (pop. 4 million), located directly north of Ethiopia, has been at war with the military government of Ethiopia since 1961. The Eritreans finally won their battle thirty years later in 1991, by forcing the leader of the Ethiopian army to escape to Zimbabwe.

On September 3, a delegation from Eritrea came to New Community as part of their tour of the United States and other countries around the world to meet their leaders. Their stop in the New York metropolitan area was part-

were born in the fields and grew up fighting. Men and women fought together for independence, self-sufficiency, and democracy. The leader of this newly-formed country is Isayas Afewerki.

Through their visit we learned that there are many Eritreans in our area. Approximately 2000 live in New York City, forty in Newark, and six are part of our New Community family.

We congratulate the Eritreans on their recent victory and will look forward to seeing them grow into a strong, democratic country.

Courtesy Is Contagious

In light of the new menus for the Priory Restaurant and the Sandwich Shop, a contest has been created for the staff to promote better service and greater customer satisfaction.

All customers receive an evaluation card after they dine, which allows them to rate the quality of service from excellent to poor. Every month one person will win \$100.00 for receiving the most cards with the highest marks.

The objective of the contest is to encourage the wait staff to give warm service that people appreciate. This

type of attention or recognition is primarily why people return to the same restaurant over and over. By anticipating a customer's needs, rather than waiting to be asked, the waiter exemplifies that special personal touch.

Waiters are also wearing name tags that read, "Courtesy Is Contagious." This helps the customer quickly identify their waiter and facilitates communication. Better communication ultimately leads to less misunderstanding, higher customer satisfaction and repeat business.



The courteous Priory staff is ready to serve you.

"LET'S MEET AT THE PRIORY RESTAURANT"

The Priory Restaurant

proudly presents

A Distinctive New Daily Menu

featuring the finest in

Cajun, Creole & Southern Cuisine

Seafoods

Fine Wines

- Southern Style Oxtail
- Baby Back Ribs
- Shrimp Jambalaya
- Homemade Pecan And Sweet Potato Pies
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- Catfish Blackened
- Southern Fried Chicken

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DINNER ONLY ON SATURDAYS

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Live Jazz Ensemble

All You Can Feast On

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- Hot Biscuits - Salads - Fruits - Desserts
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At Historic St. Joseph Plaza

PRIORY RESTAURANT
233 WEST MARKET ST.
NEWARK, NJ

FREE ON SITE PARKING

Cash Register Terminals To Improve Dining Service

Cash Register Terminals (CRT's) have recently been installed in the Priory Restaurant and the Sandwich Shop. Within the food and beverage industry, the CRT provides a faster, more sophisticated quality of service.

After taking the order, the staff will now process a customer's order by



Restaurant management and staff eagerly view the new computer terminals in an effort to better serve their customers.

punching it into the CRT, located in the dining areas, instead of walking to the kitchen and bar. The entire order is electronically interpreted and redirected to two different printers. It will send only food orders to one in the kitchen and drink orders to the other at the bar. This eliminates the waiter having to walk to the kitchen to explain the order to the chef or to interpret handwriting. It also

eliminates having to walk to the bar to order drinks. After the order is placed in the machine, waiters can go directly to the bartender who will have their drinks waiting. Essentially, the CRT will speed service and allow the waiter or waitress to spend more time in the dining areas pampering their customers.

The CRT has a variety of other valuable accounting functions that enable The Priory to determine precise sales figures and analyze menu items. This in turn will permit our food operation to become more cost efficient. In a variety of ways The CRT has brought our restaurant into the modern world of hospitality, improving productivity and service to our customers.

Dunkin' Donuts Employee Of the Month

Always greeting customers with courtesy and efficiency, Marvin Murphy has been chosen Dunkin' Donuts Employee of the Month. Marvin has been with Dunkin' Donuts for six months and has proven to be a hard working and dedicated employee.

He scores high in levels of appearance, courtesy, punctuality, and customer service. This is what we are seeking in our employees, to make Dunkin' Donuts a more efficient and wholesome establishment for our patrons.

So to Marvin Murphy, congratulations and keep up the good work!

Alma Reed
Asst. Manager



Marvin Murphy

A "Fan"tastic Story

A generous anonymous donor was the savior of many of NCC's elderly and disabled residents and clients during the summer heat wave, thanks to the thoughtful donation of 150 fans.

NCC Director of Human Services, Florence Williams, received a call in June from a Foundation executive who had been asked by the donor to find 150 recipients for cooling fans. Florence immediately contacted Sister Ann Tumulty of Home Health and Elsie Best of the Home Friends program and sought their help in putting together a list of their elderly ill,

and, disabled clients with the greatest need for cooling assistance.

With the help of NCC drivers and Security officers, the fans were delivered to 150 very grateful recipients in NCC housing, and the North, Central, and portions of the East and West wards of Newark. The fans were delivered in early August at the height of a heat wave and so provided really welcome relief.

Rickels Home Centers provided the fans at cost to also help out.

Our fervent thanks to our anonymous donor.



In the unbearable heat of summer, a cooling fan can be a lifesaver. New Community Associates resident Willie Sharpe really enjoys hers.

Recognition Of Continuous Dedication And Volunteer Services

Sister Mary Rose and Sister Jean have been very faithful in volunteering their services with New Community Extended Care Facility for almost six years, working diligently in the Gift Shop on Tuesday and Thursday. They also carry carts filled with items from the Gift Shop to the floors for those residents who cannot come down to the shop.

Both Sisters are very creative and have assisted the activities depart-

ment in making beautiful center pieces used for special occasions at the facility.

They are an inspiration to all, always having a smile on their faces and a kind word to say. These are just a few of their outstanding qualities and we at Extended Care want you to know that you are appreciated.

Denise Baker
Director of Activities



Extended Care Facility Director Mary Devlin, left, happily poses for a photo with the delightful duo of Sister Mary Rose and Sister Jean.

An Active Participant

Mrs. Ruth Green is an active participant of NCC Adult Medical Day Care Center. She resides with her husband William at New Community Gardens, 265 Morris Avenue, Newark.

Mrs. Green attends the NCC Adult Day Care Center four (4) days per week. Back home she is a member of the Tenant Association, a member of the executive board in her building and assists with the special events and bakes. Ruth also prepares lunch for the handicapped persons in her building.

It is a pleasure to have her as a participant at our center.

Mary Black
Director of Medical Day Care



Ruth Green

Your Ticket to the World...



the World of Foods!

Go no further than New Community's Pathmark Shopping Center to experience the delicacies of China, Italy, Mexico, France and more in a festive, colorful atmosphere.

- Eat-in or Take-out
- 10% discount for senior citizens between 2 and 5 PM
- Special Birthday Party arrangements
- Daily manager's specials

Enter our Raffle for FREE Meals.
3 Winners Weekly

20%
OFF ANY
PURCHASE

LITTLE ITALY • PARIS DELIGHTS BAKERY
ORIENT EXPRESS • SOUTH OF THE BORDER
COWBOY BILL'S BBQ • NEWARK DELI
THE NORTH POLE

Expires 10-31-91

Not good with other offerings.

New Community Pathmark Shopping Center

131-185 BERGEN ST. & SOUTH ORANGE AVE., NEWARK

(across the street from the University of Medicine & Dentistry of N.J.)

MON-SAT 11 AM - 10 PM

SUN 11 AM - 7 PM

DUNKIN' DONUTS... AND BAKED GOODS, TOO

The Best Value for Breakfast

FREE COFFEE WITH ANY BREAKFAST SANDWICH

One coupon per customer per visit. Available at participating shops. Offers cannot be combined. Shop must retain coupon. Taxes not included. Limit.

DUNKIN' DONUTS
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Offer Good:
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Thru October 31, 1991

DUNKIN' DONUTS... AND BAKED GOODS, TOO



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If you do not see what you're looking for
ask our attendant for help.
Watch For The Daily Catch of the Day

Pathmark Gift Certificates

Available in denominations of \$5, \$10, \$15, \$20, \$25, \$50 and \$100, and each comes in an attractive presentation envelope. And best of all, they can be used to purchase anything in a Pathmark Supermarket. Put Pathmark Gift Certificates to work for your organization. Check store for details.

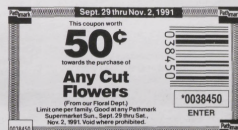
Here's how to order:

1. Bring your order to the Courtesy Counter at any Pathmark Supermarket.
2. Or call Elaine Creed at 908-499-3161. She will answer any questions you may have regarding Pathmark Gift Certificates.

Payment must accompany order:

- Cash accepted at store only
- Certified check or money order all other checks must be accompanied by a Pathmark Courtesy Card, or if applicable a Pathmark Vendor Card. Make checks payable to: Supermarkets General Corporation

A 5% discount will apply for orders of \$1,000 or more received prior to December 31, 1992.



Pathmark Pharmacy Dept.

**WE
OFFER**

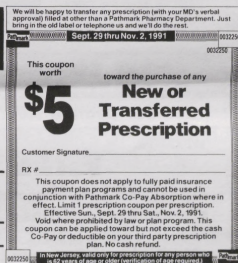
- Low, Low Everyday RX and Generic Prices
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- Senior Citizen RX Discount (Age 60 or Older)
- Enrolled in Most Union and Company Paid RX Plans
- Full Line of Home Health Care, Testing and Diabetic Supply Items
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OUR PHARMACY DEPT. HOURS ARE:

Mon-Fri..... 9 A.M. - 9 P.M. Saturday..... 9 A.M. - 9 P.M. Sunday..... 10 A.M. - 6 P.M.

Phone: 201-242-2838

Supervising Pharmacist: Floyd Slaten



Prices effective Sun, Sept. 29 thru Sat., Nov. 2, 1991 at Pathmark of Bergen St. only.

So that we may serve all our customers, we reserve the right to limit sales to three (3) packages of any item. Items offered for sale not available in case lots, except as advertised by case price. We reserve the right to limit the sale to three (3) cases of any item. Not responsible for typographical errors. Some pictures shown in this advertisement are for design purposes only and do not represent items on sale. Certain items not available where prohibited by law and prices available only at Pathmark Supermarkets. Some RX, Cuts, and RX's Pathmark closed Sunday. Most stores not open Sunday close midnight Saturday and open Sunday at midnight. Check your local Pathmark for exact Store Hours. During the sale hours some departments may be closed. Health Aids and General Merchandise available in Pathmark Supermarkets with Pathmark Drugs, and at Pathmark Free Standing Drug Stores. ©Checkerboard means a "Yellow Tag Sale."

Reflections:

The Living Will

Just recently, the Living Will has been passed by the New Jersey Legislature. Since I am Medical Director of the New Community Extended Care Facility, I am well acquainted with the problems of the aged, and with this legislative assistance. Attention is directed to the fact that a patient with normal mental faculties has a right to decide whether or not he wants heroic measures (such as cardiopulmonary resuscitation, etc.) when he is in an incompetent state and in terminal illness with no evident chance of recovery.

I can recall in my own family when my brother was dying of metastatic bone cancer (a very agonizing disease) and went into cardiac arrest. He was resuscitated with CPR and lived another year in severe pain and with nurses around the clock, with added costs of over a hundred thousand dollars.

I have had several residents in the Nursing Home who pleaded to be left in the Nursing Home and not have to go to the hospital 2 or 3 times a week for intravenous fluids, etc. The doctors over the past 15 to 25 years have become forever fearful that they will be sued for malpractice if they do not make every effort, even in hopeless



Dr. Paul
Kearney

cases, to keep the resident alive.

This new law is truly needed. In many of the aged, the quality of life is truly minimal. Many are paralyzed, unconscious, incontinent, being kept alive by gastric tube — a tube placed in the nostril and delivered to the stomach. This is fine, for they are kept clean and comfortable. The law would allow us, if agreed to by the legal guardian, child or children, or a guardian appointed by the State of New Jersey to do as follows: The Living Will would state that if the patient goes into cardiac arrest, no heroic measures be used to resuscitate the dying patient.

Remember, we doctors have several directives: to ease pain; to treat medically all conditions that are amenable to therapy; and to keep the patient in the best state of health that can be achieved.

Paul Kearney, M.D.
Medical Director
New Community
Extended Care Facility

A Testimonial To Life...

One Day I Will Fly

I am a woman in my thirties with a terminal illness. When I became too sick to work I saw a horrible picture of myself living in the street, alone, sick and desperate. I knew I could no longer afford to live in my high-rise apartment with what Social Security was giving me.

I began to really worry. A friend reminded me that God had not brought me that far to drop me. I gave the burden to God and stopped worrying about the outcome. After all, I'll be going to pray why worry; and if I'm going to worry who pray?

When I truly surrendered, an apartment became available at New Community's Garden Senior. I really like it here, for this is a safe and secure place that I can afford. When I get sick and go into the hospital I don't have to worry about someone breaking in,

and when I come home, Social Services is there to help. Thank you Sister Anastasia.

Having the financial burdens lifted gives me a chance to live more about how to deal with my illness. It has been a long acceptance process, however, my attitude is changing. I used to see myself as a woman dying of a terminal illness. Now I see myself as a woman living with a terminal illness.

Life remains a mystery to me, but I know one day I will fly over my very own rainbow, and that's when God calls me home. I will fly...I will fly straight to God's great big waiting arms and I'll let Him rock me, rock me a little while. Until then I am striving to do the best I can, so that when I go I'll know in my heart that I did all that I could; that I lived life to its fullest and left nothing undone.

Rae Shawn Stewart

FOOT FACTS:

What Do You Do When You Overdo It?

Office Hours at St. Joseph's Plaza
9-12 Mon.
9-12 every 2nd & 4th Sat.

Dr. Kenneth
Frank

Podiatrist



What do you do when you overdo it? How do you make your aching feet and legs feel better after a brisk walk or a snappy jog through the park?

Is there one sure-fire prescription that will restore comfort to those "barking dogs" of yours? Yes and no say podiatrists.

There are so many variables involved such as age and physical condition of the exerciser, one medical prescription for all simply is not available.

What walkers have to keep in mind is that fitness walking is a sport. Vigorous walking puts its own special demands on the feet, just as running does.

So, if you experience aches and pain after walking, then walking is probably the cause, and proper caution must be observed.

If you ache after a walk or a run, you may be trying to do too much too

soon. Cut down on the amount of your exercise. Walk or run a bit less. Slow down until you reach a pace your body can handle. It's suggested that you increase your pace and extend your distance gradually. Wear walking shoes that fit well. Heavy socks will help absorb the pressure and stress of walking.

It's very important if pain persists, or if it occurs while walking or running to schedule a physical examination.

Your podiatric physician will advise you regarding the specific nature of foot pain or aches and how to care for your feet.

For simple foot comfort after a walk or run, sit in a favorite chair and elevate your feet. It will help to revitalize your tired feet. Rubbing your feet with a good moisturizing cream should also keep them happy.

Do You Have A Question?

•Have you been to see several doctors and they have all prescribed different medicines?

•Did you tell Doctor A, that you also saw Doctor B and C?

•Do you ask your pharmacist about your prescriptions?

•What does, "Take 2 times daily" really mean?

•Should I count every 4 hours including the time I should be sleeping?

This is only a sampling of questions you should be asking if you, or someone you know, are caring for a

suspect otherwise.

Prevent Drug Abuse!

•Ask questions of doctor and pharmacist.

•Throw out old medicines.

•Let friends and relatives help.

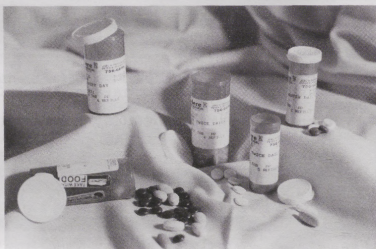
•Notice changes in your behavioral patterns.

•Don't mix pills up in bottles.

•Take medication with proper food and/or liquids.

•Don't mix alcohol with medications.

The key to good health is wise health!



Combinations of prescription drugs should be checked by your doctor.

relative, or are taking prescription medications.

By not asking questions like these the chances of Drug Abuse become increased. This abuse can be avoided in many cases by simply confiding in someone — preferably your doctor. But if you attend a clinic of changing attending physicians, or feel intimidated by your doctor, then question your pharmacist — the person who measures and mixes your medications. Let him/her know if a certain drug makes you feel dizzy or anxious. Tell him/her that you have three sets of prescriptions from different doctors.

This is your right as caretaker of your body. You do not have to just accept something as being correct if you

Geriatric Clinic At NCC Health Care Center

New Community Health Center continues to provide total quality care to residents in the community and surrounding areas.

We are now offering a Geriatric Clinic for the elderly from 80 years and over with special concerns for their medical, social, and economic needs.

A comprehensive eye examination is available at United Hospital Medical Center based on a free screening at New Community Health Center.

For further information please call Beryl McMillan, (201) 623-2480.

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New Community Network

1991 Education Supplement

NCC Keeps Pledge To Provide Creative Education Programs

One of New Community's specific objectives is to provide creative education programs to meet the needs of the people. Because part of NCC's mission "to raise the quality of life of the people of Newark" is realized through its educational components, this supplement spotlights some of the outstanding network programs that NCC sponsors to foster life-long learning in its members and staff.



When you visit Babyland, you receive a really warm welcome!

Babyland Excels In Early Childhood Education

Babyland Nursery, Inc. operates five facilities offering full day care services to children ranging in age from three months to five years. It has become a model in the state of New Jersey, and even nationally, in the field of early childhood development and care. More than 500 infants and children daily receive the benefit of this nurturing environment.

Features Of The Babyland Program

- Five sites
- Eight hours of day care each week
- Qualified, competent staff
- 25 years of experience in the field
- State-of-the-art equipment and facilities
- A reputation for excellence

Social Services Department Offers Practical Skills Education

Because learning is a life-long process, the Social Services Department of New Community designs and carries out programs, workshops and courses for its seniors, families, and the staff itself.

Highlights of the education aspect of Social Services in the past year include:

- **Literacy** - program for seniors, offered by the Newark Literacy Campaign and the Social Services Staff
- **Financial** - education to assist seniors with direct deposit and rent receipts; budgeting skills for families
- **Health** - lectures on nutrition and diet for seniors; monthly discussion groups for residents of Families Housing on nutrition, wellness, and health maintenance; self-help groups for diet, weight-control, and preventive medicine

Social Services constantly updates itself in its field. Recent professional education that the staff received include:

- **Outreach Training in SSI**, offered jointly by the Essex County Division on Aging and the American Association of Retired Persons
- **Leadership Development Institute**, offered to all members of the network - a nine-week series to develop effective leadership skills
- **English as a Second Language**, for dealing with Hispanic clients



At St. Rose School children are encouraged to see the world in many new ways.

Parents Are Partners At Babyland

For working parents day care is a necessity of life. Since 1968 parents have played an integral role in the continuance of Babyland. Knowing that they have chosen a top-notch day care facility, parents can be confident that the staff both shares their own concerns for their treasured children and regards parents as partners.

Babyland offers its parents these assurances:

1. Parents are their children's first and most influential teachers.
2. No outside program ever severs the bond between parent and child.
3. Teachers and parents pool their knowledge and skills to foster children's development.
4. Parents participate in early childhood education by support, advice, sharing, individual conferences with teachers, and attending workshops.
5. No human need goes unmet at Babyland.

Babyland's success is evidenced by its extensive waiting list at each site. This is eventually curtailed to minimize false hopes on the part of waiting parents. Programs, curricula, and space all continue to expand as the staff continually updates its knowledge about early childhood education and development.

Babyland has entered into the second generation now as graduates of 25 years ago bring their own children to its doors. They come with the confidence that their offspring will receive the same solid foundation in education that they did. Their sentiments can best be expressed in a paraphrase of Robert Fulgham's best-seller, *All I Really Needed To Know About Life, I Learned at Babyland!*



Rita Carey, a St. Rose graduate, now assists her alma mater as an aide.

Harmony House Offers Opportunities To Parents And Children

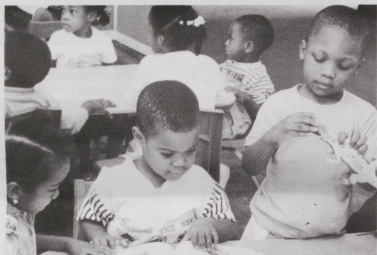
New Community's transitional housing for homeless families, Harmony House, makes a number of educational programs available as part of its assistance to families who need to become self-sufficient.

In its first full year of operation adult residents attended Home Health Training, Employability Training, GED preparation classes, Essex County College, West Kinney Adult Education Center, Skills Training, and the Urban League Ultra Center for Clerical Skills.

Babyland Nursery V, an on-site facility, offered early childhood education to 55 young residents. The education aspect of the Youth Program included an after-school program which emphasized homework, the Reading Is Fundamental project (RIF), and lectures and workshops sponsored by the Newark Library & Museum and the University of Medicine and Dentistry of New Jersey.

Harmony House is particularly proud of its participation in the Newark Literacy Campaign: over 50 volunteer readers now read to child residents.

The Many Facets Of Childhood Ed



C - cognitive learning



creativity



I - individuality



initiative



D - determination



developmental opportunities



O - obedience



O - order

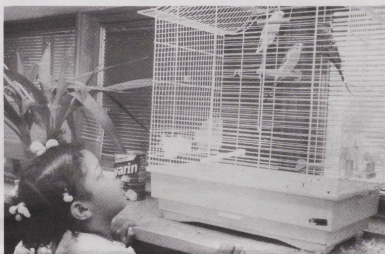
Education Are Spelled Out At Babyland



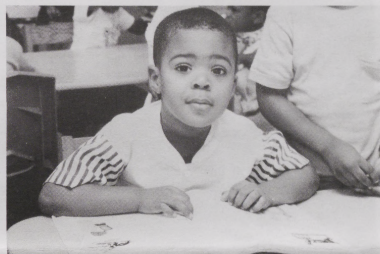
H - hand-eye coordination



happiness



L - life experiences



literature



H - helpfulness



habits which become lifeskills



D - delight in sun, stars, sea, science: delight in life!



delight in life!

St. Rose School Offers Excellence In Alternative Education

St. Rose: Strong And Getting Stronger

St. Rose School offers parents an opportunity to provide their children with an alternative to problem-ridden urban schools. Some of its many strengths include:

- A committed faculty
- Gospel values
- Firm discipline
- Parent involvement
- A comprehensive curriculum:
 - critical thinking
 - multi-cultural understanding
 - problem solving
 - value judgments
- Advantages named in the Coleman Report



Sometimes you have to get a second opinion on color choice!

Coleman Report Reveals Strengths Of Catholic Schools

The Coleman Report, a national study of American education, reports that Catholic school graduates tend to be:

- Racially tolerant
- Loyal to religious roots
- Flexible; open to change
- Upwardly mobile
- Optimistic about life
- Hopeful in attitudes toward themselves

Parents Play Leading Role

Since parents have already demonstrated their concern for their children's futures by making financial sacrifices in order to insure that they receive a superior education, St. Rose School encourages their continued involvement in the school program. The Parents' Association offers them an opportunity to play an active part in social and fund raising activities. These projects support the 43% of the cost of educating each child that is not covered by tuition. Being in touch with the school also helps to create an awareness of academic activities, as well as maintaining the contact between the home and the school that is necessary for effective parent-teacher communication. St. Rose values its parents as important components in the educational process.

"I teach; I touch the future." Krista McAuliffe



Mrs. Geraldine Wise, St. Rose kindergarten teacher, offers individual attention to each child.

CONTRIBUTORS

Sister Barbara Boyle, SSJ
Sister Dolores Russo, SCH
Sister Mary Sheridan

Sister Catherine Moran, OP
Sister Anastasia, SSJ
Jeanette Page-Hawkins

Laura Compen: Photography



Interaction between students and teacher challenges young minds.

Six Myths About Alternative Vs. Public Education

MYTH: Most Americans strongly believe in public education.

FACT: Of those surveyed by *Time* magazine, 55% believe that American public schools are doing a "poor" or "very poor" job of educating children.

MYTH: Alternative schools are unproven and experimental.

FACT: St. Rose School celebrates 100 years of quality education in Newark in 1991.

MYTH: Tuition for an alternative school is prohibitively expensive.

FACT: The cost of providing a superior education for their children at St. Rose School costs parents an average of \$5.50 a day.

MYTH: Children get "lost" in overcrowded classrooms in schools like this.

FACT: The teacher-pupil ratio at St. Rose School is 1:17.

MYTH: Public schools are part of the American way of life.

FACT: "The crisis of the American public school is that all too commonly it fails to educate. The nation's schools are mired in mediocrity." *Time*: 9-16-91

MYTH: Alternative schools overcharge for tuition.

FACT: Tuition covers only 57% of the cost of educating a child at St. Rose School.

St. Rose School Statistics: 1991-1992 School Year

ENROLLMENT	257	TUITION	
FAMILIES	216	ONE CHILD	\$ 990
FACULTY	15	TWO IN FAMILY	\$1380
		THREE OR MORE	\$1740

A Good Education Doesn't Cost: It Pays

Back To Basics... The New Beginnings Workout

The Summer is finally over. The aroma of cookout food is still in the air. The problem for most — not only is the aroma still lingering, but there are love handles to show our cookout experience.

New Beginnings Spa wants to remind everyone from potential members to our current faithful of our Fall Fitness Lineup. Our programs can help all who participate, from the timid believer to the confident pros.

The warning is old hand, but it is *important* to consult your doctor before you start any workout program. Our orientations are designed for you, as the beginner, to get the maximum workout from the equipment in our circuit area. Any advanced fitness enthusiast can also push his/her workout ability with any of our free weights, treadmills, or fantastic aerobic classes.

Chat with the popular Clarence "Collard Green" McMillan about the best our aerobics can offer you. One little bit of advice, don't ask him about diet tips or he will offer his famous apple flavored cardboard or health swamp water. Yuck!!! Talk to Ursula about her one on one training to tone and firm arms and thighs. Mike

Thomas is a new addition to our staff and what a pleasant addition for New Beginnings Spa. Mike started off doing his tours, orientations and aerobic classes in a very timid fashion but now he shows nothing but confidence in every aspect of his job. If you should have any problems ever in our Spa, Ms. Madge Wilson is one person that gets the job done, and very quickly I might add.

The Spa is loaded with different personalities which makes the atmosphere one of a little family. Bobby "Cheese Cake" Byrd will probably greet you with a smile and a joke, but don't be surprised if he tries to drag you to his favorite workout spot, the Priory Buffet. The club offers various ways to train with others, such as jogging with the Running Club, led by Reginald Wingo and Keith Royster, or advanced free weight lifting with Firemen Anthony Austin and Bilal "Tm the Man" Helms.

Where else can you get the best in Aerobics, circuit training, and pure relaxation? Now you know where! Join our family!
Ed Scott



Madge Wilson meets with staff members Clarence McMillan and Mike Thomas. They can answer your questions on nutrition and fitness.



NCC Employment Center 75 Placements For September

New Nuns For New Community



A new group of Sisters prepare to use their talents at NCC.

Between August and September, ten Sisters from five different religious communities began a new ministry with New Community Corporation. They will be working in several different areas of the Network.

Sister Barbara Boyle, SSJ, Sister of St. Joseph of Chestnut Hill, is working with the Development Department on grant writing. Her background includes teaching English in secondary school and in college. A.B. and M.A. in English from Chestnut Hill College and Seton Hall, respectively.

Sister Daniele Broughton, ASC, Adorers of the Blood of Christ, has been Director of Nursing in the Extended Care Facility since July. Sister Daniele served as Director of Nurses in St. Anne's Nursing Home and as staff nurse in Mercy Hospital, Chicago. M.S. in Nursing, St. Louis University; R.N., Newmann College, Pennsylvania.

Sister Mary Ann Henegan, MSBT, who also works at the Extended Care Facility, is a Missionary Servant of the Blessed Trinity. She has been a staff nurse and supervisor of nurses in Philadelphia and Cleveland. B.S. in Science, Holy Family College, Pennsylvania; R.N. License, Pennsylvania, Ohio, Alabama.

Sister Margaret Kilpatrick, OP, is a Dominican Sister of Newburgh who is working with the Seniors in Manor. Sister Margaret has been involved with Home Health Care Center in Harlem teaching English as a sec-

ond language; Newburgh Ministry: English as a second language, bookkeeper and treasurer, adult basic education, thrift shop, etc. L.P.N. St. Joseph Hospital, Yonkers, N.Y.

Sister Joan Lorraine Kreutz, MSBT, teaches second grade in St. Rose School. Sister Joan has ministered as teacher and/or principal in several schools in Pennsylvania, Mississippi, Alabama, North Carolina, and New York. She is a Missionary Servant of the Blessed Trinity. B.S. in Education, St. Bernard College, Alabama; M.S. in Education, University of Southern Mississippi.

Sister Eleanor McFadden, SSJ, Sister of St. Joseph of Chestnut Hill, works out of Social Service Department in Douglass-Harrison. Sister Eleanor has taught on Elementary and Secondary levels. She has volunteered in Bayonne Hospital and Bayonne Youth Ministry Board. B.S., Elementary Education Chestnut Hill College; M.A., Religious Studies, Villanova University.

Sister Guadalupe Nieto, MSBT, is a Missionary Servant of the Blessed Trinity. She is working with the Spanish Archdiocese. Prior experience includes Archdiocese of Boston Hispanic Advisory Board, Coordinator of Spanish Apostolate, Camden Diocese, National Encounter for Hispanics. B.S., Sociology, St. Joseph's University; Pennsylvania, M.A., Religious Education, Fordham University.

Sister Veronica Stawski, SSJ, Sister of St. Joseph of Chestnut Hill. Experience in teaching in New Jersey and Pennsylvania schools. Worked with Special Olympics, Girl Scouts, and Human Rights. Especially talented in Arts/Crafts. B.S., Education, Chestnut Hill College, New Jersey/ Pennsylvania certification in teaching.

Sister Eileen Wust, SSJ, Sister of St. Joseph of Chestnut Hill. Prior teaching and administration work in Newark and Philadelphia. Served as volunteer in Covenant House, Home for Girls, NCC. Extensive experience in counseling. Computer literate. B.A., History, Chestnut Hill College; M.S., Counseling/ Human Relations, Villanova University; M.A., Administration, Villanova University.

Sister Rosa Kim, IHM, Sister of the Immaculate Heart of Mary. Sister Rosa will be working in several areas of the Network.

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Security Corner

★★★ Officer Of The Month ★★★
Sgt. Andrew Perry



Sgt. Andrew Perry proudly accepts his plaque from Harmony House Administrator, Jeanette Page-Hawkins, as Assistant Administrator June Rodriguez looks on.

October, 1991's Officer of the Month candidate is a unique one. Unique because for the first time since its inception in 1987, a Sergeant has been selected to receive the coveted monthly award that has traditionally been awarded to non-supervisory security personnel.

The Sergeant in question is none other than Sergeant Andrew Perry, Executive Officer, who commands the security staff at Harmony House (a transitional housing facility). Perry was chosen because of his loyalty and outstanding contribution to the improvements of the Security Department and the welfare of the community he so proudly serves.

Sergeant Perry, a native Newarker and policeman, left the police department to form his own minority construction company as its C.E.O. The Company, however, fell on hard times forcing Perry to seek employment. He joined the New Community Security department as a result of encouragement of an old friend and former colleague in the Police Department, now NCC Security Director, James DuBoise.

As a retired Gunnery Sergeant, with the rank of Sergeant Major in the United States Marine Corps

reserve, and former CEO of his own company, he brings invaluable experience in leadership and administrative ability to his new profession.

Jeanette Paige-Hawkins, Administrator of Harmony House said of him, "Sergeant Perry has been an asset to the security at Harmony House. He is both stern and compassionate in regard to children and adults. A person like Perry is very valuable to an operation such as ours."

Assistant Director of Security, Errol Adams, added, "Sergeant Perry has ushered in an era of renewed confidence and Esprit De Corps among the security personnel under his supervision."

The NCC Security Department congratulates Sergeant Perry — a man who gives true meaning to the Marine Corps motto of "Semper Fidelis," (Always Faithful).

Sergeant Perry was presented with a plaque from the New Community Corporation and Security Department in recognition of his achievement.

Black History Notes

Researched By James E. DuBoise

All Black City Of Lawrenceville, N.J.

The city of Lawnside, N.J., located in Camden County, is the only all black town north of the Mason-Dixon Line. The Borough of Lawnside became an independent City as the result of a bill signed by New Jersey Governor Moor on March 23, 1926. With the challenge of success or failure looming in the shadows, resulting from its detachment from other surrounding Boroughs, the little town held its first election in April of the same year. The election was for a governing body consisting of a Mayor and six councilmen. Lawnside has been a survivor and thriving community ever since.

The land known now as Lawnside, was purchased in 1840 by an abolitionist farmer from Hadonfield, N.J. by the name of Balph Smith. Smith bought the land to use for a village where Black people could live with dignity and develop their own community. The area was called "Free Haven." Here Blacks could enjoy a natural seclusion.

With their new found freedom, Blacks proceeded to develop the land. Many of the settlers worked the land and repaid Mr. Smith.

South Jersey played a vital role in the underground Railroad that was operated by Quaker abolitionists to help fugitive slaves escape to freedom in the North. Though their ultimate goal was Canada, many of the escapees remained in South Jersey.

About 1868, Free Haven changed its name and was called Snow Hill until 1907. Sources indicate that it was re-named after Snow Hill, Maryland, the origin of many of its Black settlers. In 1876 when a railroad line was established between Philadelphia and Atlantic City, one of the stops was Snow Hill. Snow Hill later took the name of the Reading Railroad station, which was Lawnside.

The City of Lawnside today has an estimated population of between 5,000-7,000 African Americans. In 1939 it had 150 white citizens, all of whom have moved out, with the exception of a few mixed couples; there are now no whites. Its present Mayor,

Mark K. Bryant, is the brother of Wayne Bryant, Majority Leader of the State Assembly. The great-great grandfather of the Bryant family was a former slave in Georgia, who, after his escape, began his life as a free man when Lawnside was called Free Haven. The city has its own Police and Fire department, a post office whose postmistress, Mrs. E. A. Roberts has the distinction of being among the first of her race in the North to hold such a position. In addition it has a hotel and a park of many acres and a variety of businesses operating within its borders. Today the City of Lawnside is a thriving middle class community with a reputation of always paying its bills. There is also a grammar school that goes up to the eighth grade. After graduation, the city pays the tuitions for the students to attend other Borough high schools. It also boasts of four commuter lines serving the community.

The citizens of Lawnside are very proud of the contributions and sacrifices made by its servicemen in the nation's wars. A walk through Lawnsides' Mount Peace cemetery is likened to a page out of American History where former Black servicemen are buried. Elisha Gaiter, who died May 21, 1858 at age 70, was one of the crewmen aboard the U.S.S. Constitution in the War of 1812 — a naval war that captured the British Ship *Guerrerie* on August 19, 1812. Many of the colored Infantry from the Civil War, some of whom served with the famed Massachusetts 54th Regiment are also there. Among those buried are some who received the Medal of Honor. The graves include the town's servicemen killed in World War I & II, Korean and Vietnam War. The City of Lawnside, New Jersey, has one of the lowest crime rates in the state. Many Lawnsiders, because they are able to trace their ancestry back to slavery, are considered the "blueblacks" of black Americans.

Yes, Lawnside had its problems with racism, crossburnings, etc., but has managed to endure it all.



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—Happy 10th Anniversary Gardens Seniors—

Ten years and we're still going on! We have been blessed living at NCC Gardens and we know it. In the past ten years I have watched many of my neighbors pass on to another life, but always knowing they are and will be a part of my life.

Thinking back to our first September I can remember well the happiness we all felt on "moving in day." For most of us it was our first experience at having our own apartment; everything was so beautiful. Fixing our homes was a real pleasure and everyone felt the excitement we were all caught up in.

Today in Gardens our building has been newly painted and new carpets line our halls and community rooms. Our front entrance is lined with colorful flowers to welcome our friends and each new season that comes our way.

Friday night we all came together to celebrate our blessings. We shared food, drink and happy times. Awards were given to the faithful volunteers and to those who are always there. We

want to say a special thank you to our new manager, Mrs. Brenda West, for being with us, and we can never thank Sister Anastasia enough. She is our social worker who has been with us for most of our time here. Sister "A" is with us in times of joy and sorrows; we would never know half of the services and benefits available if it weren't for Sister "A." We always tell her she is our angel.

To all who have been with us in the past years and to all who will come into our lives we say:

Some people have a way of blessing others by taking time to lend a helping hand, by listening and offering encouragement, by showing that they care and understand...

Some people have a way of blessing others with all the hope and happiness they give...

Some people have a special way of sharing God's blessings in the loving way they live.

Thank you for everything.



"Is there anything they didn't cook?" Gardens Senior residents went all out in celebration of their 10th anniversary.



Tenant leaders, staff and management commemorate the occasion with a photo.

Thirds Off To Successful Start

On Tuesday, September 3, 1991, a group of business and professional folks gathered at the Priory to celebrate the beginning of a new weekly social, business and community event called THIRDS.

Singer, Jeannie Bryson and her band treated the dinner crowd to her classic refined jazz style, including selections composed by her mother, Connie Bryson.

On the business side, Charles Richardson of the Richardson Gallery on Halsey Street in Newark, provid-

ed a display of paintings by a variety of artists. This public spirited effort would help to raise funds for Babyland Nursery.

The new menu at the Priory now features great Creole, Cajun and Southern foods; the perfect cuisine for socializing with new and old friends and for networking.

THIRD meets between 7-10 p.m. on the THIRD day of each week and is ideal for mixing business with pleasure for a noble cause.



A soulful blending of art and music called THIRDS, meets Tuesdays at St. Joseph Plaza, 233 W. Market St.

Congratulations Valerie!

Valerie Wilson, daughter of Alice Wilson who is on the staff at Babyland V, graduated with honors from Bloomfield College in May of

1991 where she obtained a Bachelor of Arts degree in Political Science.

Currently Valerie is continuing her education at Seton Hall Law School.

== Social Security News ==

New Social Security 800 Number

The Social Security Administration (SSA) will change its toll-free telephone number as of October 1, 1991. Ms. Catherine G. Christoff, Social Security manager in Newark, said today. The new number is 1-800-SSA-1213 - (1-800-772-1213).

"We are giving early notice so that people will not be taken by surprise when they call," Ms. Christoff said. "We want people to be on the lookout for it and note the change before they have to use it," she said.

The SSA number change resulted from Congressional legislation that requires Federal Government agencies to convert to a new telecommunications system called "FTS 2000." Since the new system is managed by a different service carrier than the agencies had used in the past, SSA had to change its toll-free number.

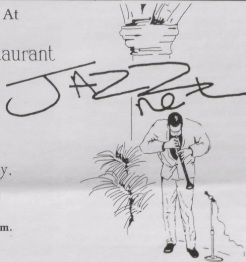
Ms. Christoff said that since its nationwide implementation 2 years ago,

the 800 number service has become a popular option for people who have Social Security business. Callers find that their requests can be handled easily, conveniently, and expeditiously by phone. In many instances, their business can be completed at the time of the initial call. Recent studies show that more than two-thirds of the 800-number callers prefer using the telephone over having to visit a Social Security office in person.

With the assistance of a teleservice representative at the 800 number, you can change a mailing address, make an appointment to apply for benefits, report a missing check, or simply ask a question.

Service on the 800 number is available weekdays from 7 a.m. to 7 p.m. But, the best times to call are early in the morning or late in the afternoon, Wednesday through Friday after the first week of the month.

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The
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At Your (Social) Service

by the Staff of NCC Social Services Department

New Community Women's Retreat



The women of New Community eagerly embark on their Retreat weekend in Pennsylvania this past September 13-15.

Upcoming After School Events

On October 31st, NCC Youth Services will host an evening out with ghosts, goblins, witches, and black cats at a Halloween party. The event will be held at the Youth Services Center at 220 Bruce Street. All participants will be required to come dressed in costume. There will be a cash prize contest in which the contestants with the scariest and most original costumes will be selected as the winners. All youths and parents are welcome. "Happy Boo's To You." During the month of November, the

NCC after school program will perform Thanksgiving presentations and enjoy dinner. Mr. William Sirman, youth services director, will do a presentation on his thoughts about giving thanks; NCC dance instructors will choreograph a modern dance presentation. The children will put on a small skit showing how they give thanks for all the blessings that we have pertaining to Thanksgiving to complete this festive occasion.

Dinner will be served to end our program.

A Special Woman

"Give me a job and I'm going to stay right on that job!" That's how Viola Henry explains her long-term volunteer service at the nutrition site at NC Associates. Five years ago, she responded to an appeal for help made by Sister Veronica, the social worker at the time. Not even a change of social workers — and there have been four — has affected Mrs. Henry's willingness to serve as a worker without a pay check.

This gracious little woman proudly declares, "I've only missed two days — once when my sister-in-law died and the other when my nephew died." Daily you can count on her appearing around ten minutes to eleven to set up envelopes and check the tickets which she will place on the table to keep count of the meals served that day. There is always a smile and often a little bit of teasing as Mrs. Henry assists the participants who come to enjoy a nutritious meal throughout the week. Sometimes it is two o'clock before the driver comes for the box — and Viola waits.



Viola Henry

This kind of service is "special" and Viola Henry is a special person. A plaque of appreciation cannot say enough to express how valued she is. The greatest gift is the gift of yourself to others.

A Living Legacy

As the Autumn of the year approaches, the leaves change colors and take on a golden, majestic hue. The evening sunsets are more brilliant and there descends a special kind of mellowness.

For the past five years there have been a bevy of Golden-timers gathering at the PSE&C Amphitheatre for a Fall Fashion Showcase. Golden Agers from all over the City of Newark come to the plaza walking, by bus, with canes, in wheelchairs, with smiles to cheer on their peers of about 50 who are posing, strutting, dancing, styling the afternoon away in a wide variety of clothing finery. There are satins, lace, sequins, tophats, fur, boas, mink coats, elegant ladies and sophisticated gents.

This is the product of the combined efforts of Newark's Division on Aging Social Director, Mrs. Kitty Taylor, Rev. Jethro James, Community Relations Coordinator; Councilman George Branch and several others who believed the seniors have a lot to show and their golden years are truly special.

On the picture perfect September 12th, the fashion Extravaganza took place. This year's affair was somewhat extra special because in addition to the modeling, there was also a talent segment. The female winner in this segment would be sent to Atlantic City in October to represent Newark at the Statewide Pageant.

You guessed it; of course our New Community Golden Agers were right in step. Several of our ladies proved that elegance and showmanship is timeless. Mrs. Glennie Bethes of NC Gardens resembled a cheerful garden, dressed in a fuchsia satin two-piece cocktail suit accented with an emerald green sateen blouse, matching veiled hat and pumps. Mrs. Georgianna Brown, better known as "Sweet Georgianna Brown" of NC Commons, sported the positive, negative look of Black and White, in a three-piece skirt, blouse and geometric jacket. Don't forget the wide brim hat. Mrs. Margie Woods, looked like a 14kt. Golden Bar, as she stepped out on the arm of Sheriff Fortunato wearing a gold lame mid-calf fitted dress with full flared skirt tail — accented with gold pumps and jewelry. From Douglass-Harrison came the 2nd place winner, our own Mrs. Mae H. Bell. A seasoned model who appeared in two earlier fashion shows given at St. Joseph Plaza for New Community and the Black Catholics of the Archdiocese of Newark, Mrs. Bell charmed the audience and judges with her poise, grace and beautiful two-piece ivory lace ensemble topped off with a white fox boa.

It was a difficult task but finally four models were chosen. Each would have a chance to serve in an office on the Municipal Council. Fourth place winner of \$25.00 and a seat as Executive Director of the Newark Public Library for a day in 1992, went to Mrs. Lilly Mufson of F.O.C.U.S. senior center. Third place went to Mrs. Vivian Charles who received \$50.00 and a chance to be Executive Director of the Newark Housing Authority for a day. Second place was our very own NC resident Mrs. Mae H. Bell of NC Douglas Harrison who received \$75.00 and the position of President of the Newark City Council for a day. First place is Mrs. Edna Mae Reid who received \$100.00 and the title of Mayor of the City of Newark for a day

in 1992.

The talent winner who was male was Mr. Richard Maggitt with a heart felt rendition of "The Very Thought Of You." The Mrs. Senior New Jersey is only open to females and therefore Mrs. Evelyn Green, the first place female singing "Summertime," will go to Atlantic City in October representing Newark as Mrs. Senior Newark in the Mrs. Senior New Jersey Statewide Pageant.

This was truly a day of brilliance, glamour and golden stars. Each year surpasses the past one.

Next year's event is already being planned and we do hope you mark your calendars and plan to come out and be a part of the "Living Legacy" giving our seniors their accolades and



Georgianna Brown, Margie Woods and Mae Bell pose elegantly.

flowers while they can enjoy them.

There was a special drawing in which the proceeds went to the New Jersey Chapter of the Sickle Cell Anemia Foundation to be presented to Dr. Dorothy Moore, Assistant Director of Pathology at UMDNJ, who gave our committee a brief idea of the impact of this disease. She, herself, has the sickle cell trait. Dr. Moore explained to us that it is a disorder of the red blood cells. The hemoglobin molecules with defective cells assume a sickle shape. The deformed red cells break down every 5 to 9 days, much quicker than normal, which is about every 120 days. Excruciating pain all over the body results when oxygen flow through blood vessels is cut off by log jams of distorted cells. It is the most common genetic disease in the United States for which there is no cure; there are only supports and research.

The alarming fact is that 1 in 400 in the U.S. have the sickle cell trait. And 1 in 12 Afro-Americans carry at least one gene trait. Newark started just in April of 1990 to do newborn screening for the trait and place infants on a prophylactic penicillin to cut down the infection risk.

A thank you is extended to each and everyone who supported the drawing and the entire "Living Legacy Program."

Joyce Cook

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*****Grandparents Are Special*****

Sunday, September 8, was National Grandparent's Day and Hallmark had shelves with cards to suit the occasion. This is a special day many of us forgot about. It is a time set aside to pay particular tribute to our elders, the matriarchs and patriarchs of the family tree.

St. Rose of Lima Parish and New Community members remembered our grandparents with a mass on this Sunday, which was orchestrated towards the elders and in which a number of them participated.

Mrs. Georgianna Brown, a member of Queen of Angels and resident of NC Commons beautifully delivered the first reading of Scripture while Mrs. Ruby Marshall of NC Douglas Homes did the second reading.

The offertory gifts were presented by Mrs. Beatrice Quittley and Mrs. Dorothy Brown, both members of St. Rose of Lima Parish. After a wonderful service presided over by the Pastor, Monsignor William Linder, there was a lovely brunch in the church hall. The filling repast was prepared by Mrs. Laura Aquilo of the World of Foods and St.

Rose of Lima. Fried chicken like hers was truly finger-licking good and put the "Colonel" to shame.

Although we set aside one day to our grandparents, we love you each and everyday!

This reflection is dedicated to you.

SEASONS

The question, "Which is the happiest season of life," being referred to an aged man, he replied: "When spring comes, and in the soft air the buds are breaking on the trees, and they are covered with blossoms, I think, 'How beautiful is Spring!' And when the summer comes, and covers the trees with its heavy foliage, and singing birds are among the branches, I think, 'How beautiful is Summer!' When autumn loads them with golden fruit, and their leaves bear the gorgeous tint of frost, I think, 'How beautiful is Autumn!' And when it is winter, and there is neither foliage nor fruit, then I look up through the leafless branches, as I never could until now, and see Heaven more clearly."

Kristone

Joyce Cook



Delicious barbecued foods were the main fare at the Grandparents' Day Picnic.

Book Signing Packs The House!

"Swing City" Revives Pleasant Memories For Many Native Newarkers



Author Barbara Kukla signs her new book "Swing City, Newark Nightlife, 1925-1950" at a party held in her honor on September 17 in St. Joseph Plaza.



Felix Lopresti, standing right, entertains seniors with his fabulous storytelling ability.

5th Annual Senior Black Issues Convention

In 1983, approximately 9 years ago, an idea was put into reality to hold a convention about the problems and current of the African-American population of New Jersey, and to be certain to involve the people. It is through these conventions that certain resolutions have been brought before the State Senate, reviewed and passed. This is an attempt to achieve "true equality" within our society. Issues such as the inability of the State of New Jersey to fund parity in education and the failure of the State to establish a standard of need for welfare recipients are examples of problems.

The convention theme this year was "Organize, Educate, Participate: The Struggle Continues."

Over 700 seniors from all counties of the State of New Jersey assembled at the Radisson to express their interest, concerns and gather information. The New Community seniors were represented also, there were over 50, who came showing representation for every single Senior dwelling.

The Honorable Donald Tucker, Council President of Newark and Chairman of the Black Issues Convention, gave the welcoming address followed by greetings from the Honorable Sharpe James, Mayor of Newark.

There were 5 workshops which the Seniors attended:



1) **Social Security and SSI** — Presented by Mr. Patrick Moore, Field Representative Social Security Administration. This workshop focused on the "SSI Outreach," or activities of the Social Security Administration. It provided information on application and eligibility. Also given was an overview of Social Security benefits, retirement, dependents and changes in Medicare and their effect on Private Health Insurance.

2) **Programs to Benefit the Elderly** — Presented by Rev. Jethro James, Customer Outreach, PSE&G, provided

information on various programs available at state, local and federal levels.

3) **Health Issues** — Presented by Ms. Lillie C. Dortch-Wright, Consumer Affairs officer for U.S. F.D.A. A discussion was held of health issues confronting the elderly.

4) **Housing** — Presented by Mrs. Anna M. Auerbach, Administrator of Social Services NJ Housing and Mortgage Finance Agency. This workshop addressed the challenges in providing safe and affordable housing to minority elderly and need for support services.

5) **Crime and Public Safety** — Presented by Det. Geraldine Foushee, Essex County Sheriff's Department. Workshop focused on protection and law enforcement.

The keynote speaker was introduced by Mrs. Elsie Best, Home Friend Coordinator at New Community Corporation.

The Rev. Buster Soaries, Pastor of First Baptist Church of Lincoln Gardens in Somerset, NJ, delivered a powerful message of truth that we all must assume responsibility for our actions. We must not lose sight of what it means to have our civil rights. He stated our young people should be reminded that many have sacrificed, suffered and died for their Civil Rights.

Each year the attendance gets larger as interest is spreading to more and more seniors. This is a growing population; we are living longer. But, there is also concern that our current younger generation may not make it to a golden age. The elements of drugs, disease, lack of supportive concern on many levels threaten to abolish large numbers.

It is hoped that as a result of the BIC and similar conventions, there will be an awakening of consciousness that will spark, us as a family of concerned African-Americans to "Organize, Educate and Participate."

Joyce Cook

Comes The Moment To Decide

"Once to Every Man Comes the Moment to Decide...For the Good Or Evil Side."
James Russell Lowell

To decide is to make a choice or judgement — to arrive at a solution that ends uncertainty or dispute. If anyone knows anything about deciding, one knows that it may be complex and frustrating, and already firmly established values may be essential criteria for the fabric of decision-making and may be intriguing. The fork in the road of decision-making for all humanity is awesome, and the choice of one way or another may determine to a great extent the quality of life one may experience throughout the remainder of one's life and the quality of life one may bequeath to one's loved ones.

Treading paths not clearly understood that bear landmarks on the road ahead hidden from view, eristic heirs of crisis stand at life's crossroads and fantasize what might be ahead and try to decide what road to take. Probably a most difficult time to make a decision is when one is faced with temptation, and it is at this time when one's preconceived values may prevail. Matthew 4: tells us of the time that Satan tempted Jesus with offers of popularity, fame, power, and material wealth, but Jesus steadfastly refused, deciding: "I shall worship the Lord Thy God, and Him only shall I serve."

In a world beset by difficulties that often seem unsurmountable, tolerance and understanding frequently give way to hostility and ignorance; falsehood replaces thoughtful deliberation; and insen-

sitivity supplants compassion. What makes one person moral and another person immoral is the result of decisions involving choice of values. Beyond the division of classes, races, and colors there is a basic difference, and it belongs in the realm of 'spirit.' There is a spirit of the world, and there is the spirit of God, and the imprint of the selected spirit one usurps tends to shape his life.

All through the turbulent history of Israel, at moments to make crucial decisions, the record of God's Word read: "and when the children of Israel cried unto the Lord, the Lord raised up a deliverer..." (Judges 3:9). Armies were put to flight, fears were removed, victories were won, trouble banished — all because when came the moment to decide, men decided for and cried to God.

The nations, Argentina and Chile, fought each other over a boundary dispute until came the moment to decide for peace. As a symbol of perpetual peace between them, on the summit of Uspallata Pass between Mendoza, Argentina and Santiago, Chile, jointly mounted was a bronze statue of Christ, commemorating the settlement of the boundary dispute, at the base of which, an inscription in Spanish reads: "Sooner shall these mountains crumble into dust than Argentines and Chileans break the peace sworn at the feet of Christ, the Redeemer."

The greatest decision one can make is the decision for Christ — when comes the moment to decide.

Lewis Graves
Springfield Branch
Newark Public Library

Welcome To St. Rose!!!



Principal Art Wilson cheerfully greets new students on the first day back to school.



Bright-eyed kindergartners sit and wonder what's in store for them on the first day of school.

Teachers Are People Too



The 1991-92 St. Rose of Lima school faculty.

Geraldine Wise — Kindergarten Teacher — loves spending time with her son...working with children...enjoys music, dancing, reading.
Rita Carey — Kindergarten Teacher — loves her children at work and her six and eight year olds at home...enjoys cooking, getting lost in music... "My quality time is always with my children."

Martha Richards — First Grade Teacher — enjoys reading, cooking, and listening to classical music. Graduate of Fisk University and a member of Eta Phi Beta Sorority.

S. Joan Lorraine Kreutz, MSBT — Second Grade Teacher — loves embroidery and music — Describes teaching as challenging, exciting! Brings a wealth of experience to St. Rose from teaching in Alabama, Mississippi, and Philadelphia's China Town.

Whitney Turner — Third Grade Teacher — begins her tenth year at St. Rose School, three years as after school teacher and seven years as full time teacher. Loves children, music, and of course, her son.

Sandra Britton — Fourth Grade Teacher — enjoys being the mother of

a beautiful two year old daughter... would like to say 'thank you' to her extended family at St. Rose.

Linda Pettiford — Fifth Grade Teacher — favorite sport is baseball...color is purple...is an extrovert...loves people, the Lord, working in Church, working with children...goal for year is to motivate students...build self esteem.

Dennis Holden — Fifth Grade Teacher — believes in striving for a good education...must work together to achieve the best for our children.

Remington London — Sixth Grade Teacher — enjoys playing cricket, soccer, table tennis, and chess...an ardent boxing fan...worked as a statistician at the Caribbean Community Secretariat.

Francine Schackelford — Seventh Grade Teacher — loves to sing in the mass choir at Grace Apostolic Church.

Elbert Woodson — Eighth Grade Teacher — believes students should touch the lives of teachers in a positive manner as well as teachers touching the lives of students. Encourages students — "Together we can make a difference."

Faculty Inservice Week At St. Rose

Continuing Education Keeps Teachers Abreast Of Change

St. Rose of Lima School faculty began the academic year on August 26th with four inservice days. Maureen Madden from the Parish Catechetical Development Office began the week with a session indicating the importance of story telling and parables. Barbara Frank, Ph.D., from Fairleigh Dickinson University, described a multi-sensory approach for math.

On Tuesday, August 27th, the faculties of St. Rose and St. Rocco met at Mount Saint Dominic's Academy for a presentation by Dr. Leonard Jeffries, City College of New York. Jeffries spoke of "turning up the ground of education...History has been written and told from a white male supremacy model. It is necessary to continually challenge the old model and present the truth of history, for only when the truth is spoken can justice and peace embrace. We have to allow the truth to prevail so we can appreciate the beauty of each and every person..."

Dr. Jeffries pointed out the discrepancies on maps of the past. The size of continents and islands weren't in proper proportion. He encouraged the teachers to allow positive socialization processes to occur in the classrooms. He recalled his family and neighborhood of Newark as a child — eighteen of the twenty children on his block made it big. They were poor materially but they

were rich in family and communal strength. They had a spiritual communion with each other that was their nourishment.

On August 28th Stephanie Arrington and Theodore Huff spoke on **Expectations: A Child of Color**. There was great enthusiasm for their presentation. Know Something! Do Something! Be Something! Teacher expectation corresponds dramatically with student achievement. Del Luchow, Ph.D., from City University of New York, spoke on "Critical Thinking Skills." He gave the teachers strategies on teaching/writing.

On Thursday, August 29th, Directors from New Community came to explain to the faculty the work of the New Community Network. Ray Codey, Rich Rohman, Cecilia Faulks, Florence Williams, Mary Devlin, and Donnell Brown explained their various departments.

Monsignor Linder also spoke to the staff. Love of freedom, basic education, values and discipline are major components of St. Rose teachings, he told them. An intense love affair with God and with people is needed. Love the children, he encouraged.

A prayer service at which the teachers signed their contracts ended the day.

The week was academically and spiritually enriching — thanks to S. Dolores Russo, the organizer of the impressive in-service week.